From The Merle Boyd Center

Destination Great Lakes Update Sharlyn Kennon, Exercise Specialist

Destination Great Lakes teams have been exercising diligently and logging their activity miles every week. The Meshkothichik team, led by Marlene Gabbard, is averaging 193.5 miles per week and leading the competition. If they continue at this pace, they will reach Saginaw Bay, Michigan by Thanksgiving. Once they reach the final destination, their team will be dispersed and each Meshkothichik team member will then be placed on one of the remaining teams still in the competition. At that time, their weekly activity miles will be added to the new teams' total. The goal is for all

teams to exercise enough miles to virtually walk from Stroud, Oklahoma to Saginaw, Michigan (1770 miles). Once all teams arrive, we'll have a celebration with food, games and incentive prizes.

The Ashkipakethichik team, led by Gail Abney, has made a strong charge the past few weeks. They have jumped from fourth to second place and are closing fast on the Meshkothichik team. It will be a close race to see who reaches Saginaw Bay first. Below is a list of teams with their Sauk name, their team leader and the number of miles they've achieved as of November 14th

Meshkothichik (The Red Ones) – Marlene Gabbard – 1742.5 miles
Ashkipakethichik (The Green Ones) – Gail Abney – 1519.5 miles
Kâhpîhâthochik (The Brown Ones) – Tina Morris – 1363 miles
Mahkatêwethichik (The Black Ones) – Raymond Massey – 1216.5 miles
Wîpekothichik (The Blue Ones) – Terry Williams – 860.5 miles
Athâwethichik (The Orange Ones) – Ashlee Lee – 766 miles
Meshkopâthochik (The Pink Ones) – Jamie Barse – 372.5 miles
Wâpethichik (The Gray Ones) – Carrie Spang – 366 miles

December 2011 Black Hawk Health Center Activitie Monday Tuesday Wednesday **Thursday Friday** 11:15 - Circuitcise 11:15 - Circuitcise 11:15 - Xbox Kinect • Beginner Yoga • • • 12:15 -Zumba • 12:15 - Xbox Kinect 4:45- Circuitcise • 12:15 - Step/Core • 11:15 -11:15 - Circuitcise 11:15 - Circuitcise 11:15 - Xbox Kinect • Step/Core · · · 12:15 -Zumba • Beginner Yoga • • • 12:15 -Zumba • 12:15 - Xbox Kinect 4:45 - Circuitcise 12:15 - Step/Core • • • 4:45- Circuitcise • Step/Core • • • 12 13 14 15 16 11:15 - Circuitcise • 11:15 - Xbox Kinect • 11:15 -11:15 - Circuitcise Beginner Yoga · · · Clinic Closed At 12:15 - Xbox Kinect Step/Core · · · 12:15 -Zumba • 4:45 - Circuitcise 12:15 -Step/Core · · Noon 12:15 -Step/Core · · · 4:45 -Circuitcise 19 **20** 22 23 11:15 - Circuitcise 11:15 -Christmas Holiday Christmas Holiday Step/Core · · · 12:15 -Zumba • Beginner Yoga · · · 4:45 - Circuitcise 12:15 -Step/Core · · · 26 27 **29 30** $\mathbf{28}$ 11:15 - Xbox Kinect • 11:15 - Circuitcise 11:15 - Circuitcise • 4:45 - Circuitcise 12:15 -Step/Core • • • 4:45- Circuitcise • Boyd Center Fitness Room • • Boyd Center Kitchen ••• Gym

December 2011

BLACK HAWK HEALTH CENTER ACTIVITIES **Activity Descriptions:**

Group Exercise Classes – Call Sharlyn Kennon for questions. 918-968-9531 x208

Beginning Yoga increases flexibility while building strength and stamina through various movements and poses. Yoga helps improve posture, rejuvenate energy, relieve stress, and reduce fatigue and/or chronic pain. This is a great class for those beginning an exercise program.

Circuitcise is a circuit training program that alternates between cardiovascular and muscle strength/endurance exercises. The circuit uses weight machines, free weights, calisthenics, exercise bands and cardiovascular equipment to work all major muscle groups in the body. No choreography. All fitness levels welcome.

Core is a workout designed to tone the core muscles of the body. The "core" muscles run the entire length of the torso and are used to stabilize the spine and pelvis. Benefits of a strong core include reduction of back pain, improvement of posture imbalances and enhanced fitness performance. If you're looking for tighter abs, obliques, glutes and back muscles, this is the class for you!

Step is a cardiovascular workout that burns 30-60% more calories than traditional aerobics classes. Participants can choose to workout on a 4, 6 or 8 inch step depending on their fitness level. The choreography is basic so all fitness levels can participate.

Xbox Kinect Games are played every Friday in the Merle Boyd Center. Join us for fun, games and some friendly competition.

Zumba is a fusion of latin and international music that create a dynamic, exciting and effective workout! Routines feature a aerobic interval training with a combination of fast and slow rhythms. Zumba is a "feel-happy" workout that is great for the body, mind and spirit.

Nutrition Workshops in the Kitchen Next cooking class in January

Breast Cancer Awareness Day and Diabetes Day at the Merle Boyd Center



Breast Cancer Awareness Day was held on Friday, October 21, at the Merle Boyd Center. Informative materials, presentations, and gift certificate drawings highlighted the day.



Diabetes Awareness Day was held November 14 at the Merle Boyd Center. Blood sugar finger sticks were done on eager participants.



Diabtes Awareness Day: Leah Carver, Special Projects Manager, directs participants to the Nutrition, Exercise and Finger Stick stations. (Staff Photos)

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